



MAY 2018 LUNCH MENU & ACTIVITIES

Monday	Tuesday	Wednesday
<p>NEVER FORGET...</p>  <p>NOT JUST ANOTHER DAY TO BBQ</p>	<p>1</p> <p>9:30 Mahjong 11:45 Lunch Meatloaf w/ beef & turkey, mashed potatoes, glazed carrots, fruit 1:00 Movie: I, Tonya</p> 	<p>2</p> <p>10:00 SALA Appointments 10:30 Line Dancing, Social Hall 11:45 Lunch Chicken cacciatore w/ pasta, onions, green bell peppers & mushrooms, green salad, fruit 1:00 Bingo 5:30 Movie: I, Tonya</p> 
<p>7</p> <p>10:45 Dancing, Social Hall 11:45 Lunch Krab cake, brown rice, honey glazed carrots, coleslaw w/ apples & mandarin oranges, fruit 1:00 Big Bingo</p> 	<p>8</p> <p>11:00 Book Club "Orphan Train" 11:45 Lunch Vegetarian- Pizza w/cheese, tomato, & basil, green beans & cauliflower, green salad w/ tomato & egg 1:00 Movie: Coco</p> 	<p>9</p> <p>10:30 Line Dancing, Social Hall 11:45 Lunch Baked chicken, pasta salad w/ peas, celery, onions, egg & carrots, Swiss chard, green salad w/ tomato, onions & cucumber, fruit 5:30 Movie: Coco</p>
<p>14</p> <p>8:30 HICAP 10:45 Dancing, Social Hall 11:45 Lunch Seasoned chicken, baked potato, peas & carrots, fruit</p> 	<p>15</p> <p>9:30 Mahjong 11:00 CSA Info and Referral 11:45 Lunch Sloppy Jane (ground beef w/onions, celery, red bell peppers & tomato on a bun, broccoli & carrots, gelatin w/fruit 1:00 Movie: The Post 2:00 Newcomer's Group</p>	<p>16</p> <p>10:00 SALA Appointments 10:30 Line Dancing, Social Hall 11:30 Meet & Greet MV City Council 11:45 Lunch Vegetarian- Chile relleno casserole w/ cheese & egg, fresh beans, green salad w/ cabbage, tomato, cucumbers & radish, fruit 1:00 Bingo 2:30 Workshop: Intro to Word 5:30 Movie: The Post</p>
<p>21</p> <p>10:45 Dancing, Social Hall 11:45 Lunch Lasagna w/beef, noodles & cheese, corn w/ red bell peppers, crazy coleslaw w/ grapes, carrots & pineapple, fruit</p> 	<p>22</p> <p>11:45 Lunch Baked breaded fish, white rice, peas & carrots, golden mandarin beet salad, fruit 1:00 Movie: Lady Bird 1:00 HICAP</p>	<p>23</p> <p>10:30 Line Dancing, Social Hall 11:45 Lunch Chicken pot pie w/ mixed veggies, green salad w/ broccoli, fruit 12:30 Alzheimer's Screening 1:00 Bingo 5:30 Movie: Lady Bird</p>
<p>28 CLOSED</p> 	<p>29</p> <p>9:30 Mahjong 11:45 Lunch Salmon, couscous, Japanese blend veggies, carrot raisin salad, fruit 1:00 Movie: Dunkirk 1:00 Workshop: Pool Safety</p> 	<p>30</p> <p>10:30 Line Dancing, Social Hall 11:45 Lunch B.B.Q. chicken, pasta salad, California blend veggies, fruit 5:30 Movie: Dunkirk</p> 

Thursday	Friday
3 9:00 Apple Assistance 10:00 Bookmobile 11:45 Lunch Baked breaded fish, white rice, Japanese blend veggies, apple celery slaw, fruit 1:00 Workshop: S.A.L.A.	4 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Vegetarian- Spinach enchilada w/mild green sauce, Spanish rice, lettuce & cabbage salad w/ egg & tomato, fruit, special dessert Happy Cinco de Mayo! 1:00 Movie: I, Tonya 2:15 Square Dancing
10 9:00 Apple Assistance 10:00 Bookmobile 11:45 Lunch Seasoned meatballs (ground beef), pasta, Italian veggies, green salad, fruit 1:30 SVILC - Housing Search	11 10:45 Dancing, Social Hall 11:45 Lunch Chef's choice fish, Wild rice, roasted brussels sprouts, carrot raisin salad, fruit, special dessert Happy Mother's Day! 1:00 Movie: Coco 2:15 Square Dancing
17 9:00 Apple Assistance 10:00 Bookmobile 11:45 Lunch Tuna sandwich w/ celery, tomato & red onion, veggies soup, carrot raisin salad, fruit 1:00 Workshop: Caregiving 101	18 10:30 Blood Pressure Check 10:45 Dancing, Social Hall 11:45 Lunch Teriyaki chicken, wild rice, mixed veggies, cabbage salad w/ green onions, broccoli, carrots & red bell peppers & sesame dressing, fruit 1:00 Movie: The Post 2:15 Square Dancing
24 9:00 Apple Assistance 10:00 Bookmobile 11:45 Lunch Baked pork chop in mushroom gravy, mashed potatoes, vegetable blend, fruit 1:00 Workshop: Hospice 101	25 10:45 Dancing, Social Hall 11:45 Lunch Minestrone soup w/ beef, tomatoes, pasta, green beans & kidney beans, 4 way blend veggies, green salad w/ tomato, cucumber & red onion, fruit Birthdays 1:00 Movie: Lady Bird 2:15 Square Dancing
31 9:00 Apple Assistance 10:00 Bookmobile 11:45 Lunch Baked seasoned pork chop, mashed sweet potatoes, cauliflower, fruit 1:00 Workshop: Why Social Media 	

Happenings in the Social Hall

Mondays

- ◇ Live music and dancing before lunch, 10:45-11:45

Tuesdays

- ◇ Live music before lunch.

Wednesdays

- ◇ Drop-in Line Dance Class before lunch, 10:30-11:30
- ◇ Bingo after lunch, 1:00-2:00

Fridays

- ◇ Live music and dancing before lunch, 10:45-11:45

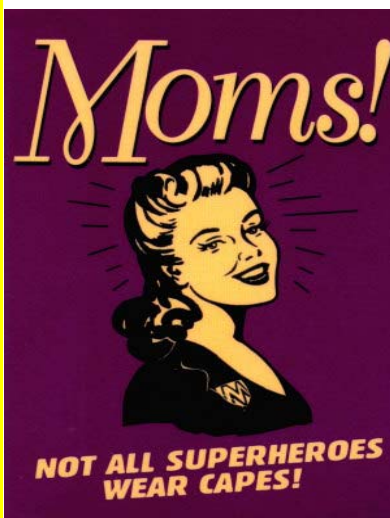


Please Note:

CSA lunch items (paper cups, paper napkins, utensils, etc.) are mysteriously disappearing.

We have hired private detectives to help us solve the problem. In the mean time, help us by only taking one item for immediate use. In return, this will help us to meet budget and not increase meal fees.

Bon appetit.



MOUNTAIN VIEW SENIOR NUTRITION PROGRAM 650 964 6586